

## **Sleep SMART CPAP Mask Video Resources**

**As you begin CPAP therapy, we want to bring to your attention additional video resources with helpful information on the mask you are using and general CPAP set-up.** The link below will take you to a Sleep SMART webpage with links to Youtube.com videos that may be helpful for proper fitting, assembly, and cleaning of your mask. The masks initially available as participants start in Sleep SMART are all from the same manufacturer, which produced these videos. This site has a link for each of the types of mask that you might initially be starting with, in Sleep SMART. In addition, the first video addresses how to set up your CPAP.

<https://tinyurl.com/sleepsmartinfo>

### **myAir sleep apnea app**

The myAir sleep apnea app is an online support program and app that is provided by ResMed, the manufacturer of your CPAP device. If you register for it, the program will automatically send your CPAP machine data to your computer or smartphone. This allows you to track your CPAP use and progress. You can also sign up for coaching messages by email or text. myAir is included with your CPAP device at no cost. If you are interested in myAir, you can go to [myair.resmed.com](http://myair.resmed.com) to learn more about it or to register. ResMed posts their privacy notice online.

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